

SCHEDULE OF MEETINGS

Worship Services: 9.00 am - 10.30 am
11.00 am - 12.30 pm
Sunday School: 11.00 am - 12.30 pm

Sunday Service Details

THIS MORNING - (9.00 A.M.)

Sermon: "Things Are Not What They Seem" (Esther 6 : 1-14)

Speaker: Rev Dr Steven Gan

Holy Communion: Ps Song **Announcements:** Henry Tan

Worship: B.K./ Steven/ Henry/ Jeff/ Swee Lian

Projectionist: N.G. **AV:** Cheng Huat

Ushers: Alice, Catherine, Chiew Eng and Geraldine

(11.00 A.M.)

Holy Communion: Ps Song **Announcements:** Chih Chung

Worship: Aaron/ Saimun **Musicians:** Naomi / Andrew

Projectionist: Rena **AV:** Giselle

Ushers: Chiew Eng, Geraldine, Jessica Mustamin

Sunday School: Lavinia, Soo Lin, Adeline and Michelle

NEXT WEEK - (9.00 A.M.)

Sermon: "Power Encounter" (Mark 4 : 35; 5 : 1 - 20)

Speaker: Ps Song Cheng Hock

Holy Communion: Ps Neville **Announcements:** Henry Tan

Worship: Chiew Eng/ Catherine/ Cheng Huat **Musician:** Swee Lian

Projectionist: Lavinia **AV:** Vincent

Ushers: Joyce, Lilian, Serene

(11.00 A.M.)

Holy Communion: Ps Song **Announcements:** Chih Chung

Worship: Joshua/ Michael **Musicians:** Carissa/ Crystal/ Andrew

Projectionist: Ben **AV:** Cheng Huat

Ushers: Gabriel, Margaret

Sunday School: Susan, Vincent and Catherine

FRIDAY NIGHT PRAYER MEETING

We would like to encourage all to come and join the Prayer Meeting every Friday at 7.45 p.m. **Ps. Song** is teaching from the **Book of Revelation** every Friday.

SMALL GROUPS (MEETING - FORTNIGHTLY)

- | | | |
|-------------------------|------------|-----------------|
| 1) Pasir Ris | Henry Lee | (H/P 9696-3134) |
| 2) River Valley | Chiew Eng | (H/P 9638-1330) |
| 3) Sembawang / Thomson | N.G. Oh | (HP 9751-6723) |
| 4) Serangoon / Sengkang | Chih Chung | (H/P 9681-4680) |

SERMON NOTES:

Write down the fourteenth memory verse you memorised:



Where your "born again" experience makes you a member.

May 17, 2009

2009 THEME: "Let the word of Christ dwell in you richly ..." (Col 3:16)

Our Vision: To be a growing community of Christ-centred believers committed to honouring God and sharing His love.

Our Mission is to:

- Build a praying and worshipping community
- Instill a love for the Word of God
- Grow in holiness, unity and servanthood
- Give generously to the Work of God
- Equip God's people for the ministry
- Reach out locally and globally

WORRY

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own (Matt 6:33-34, NIV).

Worry is one of the most useless preoccupations of the unsettled mind. Our minds are not always calm and collected. The troubles of the day and the dread of what tomorrow might bring have a way of unsettling our thought processes, eroding our confidence, and muddling our sense of purpose.

The Greek word for "worry" is "merimnao" from the words, "merizo," meaning to "divide" and "nous," "mind." When you worry, you divide your mind. A divided mind is unable to focus.

Worry is born out of fear – fear of what might happen next, of the nasty unknown that threatens to overwhelm us. When we worry we're totally wrapped up with the "what ifs" of tomorrow, which might or might not happen. We usually heave a sigh of relief when that projected

dread doesn't take place. But that suspension of anxiety is only temporary. If your mind is divided, you'll likely repeat that cycle of fear again, which in turn creates and multiplies incredible stress chemicals that will make you sick.

Your worrying doesn't change a thing regardless the outcome. As our Lord so wisely counselled, "Who of you by worrying can add a single hour to his life?" (Matthew 6:27). But we do it any way – even over minor and inconsequential things, like what others think about the way we dress. When we worry, we tend to be unhealthily self-conscious and self-absorbed.

Of course, we also worry over more significant things, like the state of our economy, our ageing parents' healthcare, our children's education and all those things that are beyond our control – food prices, effects of global warming and other environmental issues.

Some people feel that they ought to worry "or else who's going to worry over the family?" You know that feeling don't you? When we worry, we think we're showing care and concern. But there's a difference between living in a harmful state of gnawing fretfulness and futile anxiety, and expressing true caring and concern.

No one is born a worrier. It's an acquired preoccupation, a learned behaviour and state of mind. We can do two simple things to heal the divided mind:

1. Focus on the kingdom of God and seek His righteousness. Develop that godly mindfulness that you've been called by God to fulfil His purposes. Our mindfulness reminds us what life would be like if we focus on other things other than God's kingdom and His righteousness.

2. Stop worrying and start praying. God is not only sovereign, He's also interested in us. "Cast all your anxiety on him because he cares for you" (1 Peter 5:7).

Don't give in to the power of auto suggestion. Job's confession is instructive - "What I feared has come upon me; what I dreaded has happened to me" (Job 3:25). Your mind's preoccupation has the power to influence and interpret your experience. Fill your mind with the word of God.

Pastor Song Cheng Hock

REMINDERS

Please remember to park your car at **Bedok South Secondary School** so that we do not inconvenience our neighbours who have been very understanding.

PLEASE REMEMBER TO SWITCH OFF YOUR HANDPHONES!

ANNOUNCEMENTS

WE WELCOME all guests who have come to worship with us this morning. If this is your first visit, please fill in the Visitor Card so that we may keep in touch with you.

We especially welcome our guest speaker for this morning **Rev. Dr. Steven Gan** from Amazing Grace Presbyterian Church in Upper East Coast Road.

Adult Bible Class (ABC) starting June:

SURVEY OF THE BIBLE (EIGHT WEEKS)

This study is designed to help participants get a general view of the Bible and God's Redemptive Plan.

Topics:

- An overview of God's redemptive plan as it progressed through time
- A basic chronology of the people and events of the Old and New Testaments
- The foundational themes of the Bible
- The various types (genres) of literature in the Bible
- History of Bible Translations

Seven-Eleven Gospel Rally

Pastor Caleb How is organising a Gospel Rally at People's Park Center in Cross Street, #06-15, on July 11 2009. Pastor Neville will be their evangelist and would like us to support this effort by inviting unbelievers to attend.

PRAYER ITEMS

1. Please pray for our **guest speaker, Rev Dr Steven Gan**, as he brings God's Word to us this morning. Pray for ourselves too that we may not be hearers of the Word only but doers too.
2. Pray for the **Worship Teams**, the **audio/visual support group**, as well as the **ushers**. Pray that God will continually refresh them as they experience deeper worship themselves, leading others to worship God in spirit and in truth.



3. Please continue to uphold **our Pastors and their family** in prayer. Pray for their health, that they will enjoy the Lord's rich blessings of good health, peace and joy as they serve Him.

Uncle Neville will be travelling to Brunei next week to speak at an evangelistic meeting at the **BTN Church**. Please pray for him that God will continue to sustain him and use Him mightily again.

4. Please pray too for our congregation as we seek the Lord for two more members to serve on the **Board of Directors**.

5. Pray for our spiritual well-being — that we may enthrone Jesus as the Lord of our lives and be committed to living a godly life and exercising our gifts to the glory of God.

6. Pray for our readiness to adjust to the new worship time and teachability as we start our Adult Bible Classes.

7. Continue to pray for the **Youths and Sunday School children**, that even in their youth they will love the Lord with all their heart, soul, mind and strength. Pray that they will want to observe and do all the commandments of God.

The Youth will also be holding a B-B-Q fellowship on Saturday May 30th 2009. It will also be a special time for them to meet and share with the pastors.

8. Make a special prayer this morning for those with **SILENT PRAYER** needs. There are some in our midst who have personal/private needs that cannot be spoken.

*You're only cooking up trouble
when you stew about tomorrow*

LADIES FELLOWSHIP

The next ladies' meeting will be on Thursday (**28 May**) with bring-your-own-lunch to church at 12 pm followed by a topical study. The ladies will stand down their meetings during the June school holidays.

Last week's Memory Verse: Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. - **Proverbs 3: 5-6**

This week: No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. - **1 Corinthians 10:13**